GUERRILLA WARFARE

Guerrilla warfare allows a weak opponent to attack a stronger opponent. It is used to:

1. Collapse and overthrow a government.
2. Rise up and liberate a country that has been subjugated by a foreign force.

Guerrilla warfare requires:

1. Favourable terrain. Jungle, mountains and urban areas are favourable to guerrillas.
2. Popular support. When popular support is not forthcoming, guerrillas force the population to support their cause by resorting to intimidation and terrorism.
3. Time. A guerrilla war is a protracted conflict that aims to wear down the opponent. The negative psychological and economic impact (on the government, the economy, the security forces) of a protracted conflict is advantageous to the guerrillas.
4. Secure base areas. The majority of guerrilla movements begin in ungoverned rural areas where visible law enforcement is limited.
5. External support. A foreign country that provides a safe haven and operational and logistical support to guerrillas ensures the longevity of the movement and the protraction of the conflict. External support can include:
   a. Diplomatic pressure, sanctions and boycotts.
   b. Calls for the government to be investigated and brought before the International Criminal Court.
   c. Organised protests outside embassies of the targeted government.
   d. Provision of funding, vehicles, arms, ammunition, training, safe bases, air reconnaissance and air strikes.

Due to the fact that guerrilla actions are carried out by smaller forces, the guerrilla relies on deception, surprise, speed of action, perception, and maximum attrition to achieve its mission and requires intelligence, mobility, deception, and weapons. It utilises hit and run actions as the foundation of its tactics, as prolonged contact with the armed forces may result in defeat. **Typical guerrilla tactics** include:

1. Covert intelligence collection on targets.
2. Avoid contact with superior forces.
3. Attack where and when the enemy least expects it – raids on isolated outposts, ambushes on supply convoys.
4. Keep moving to confuse and exhaust the enemy.
5. Make maximum use of indirect attacks (mortar/rocket bombardments, landmines, and improvised explosive devices).
6. When the enemy follows, split up and meet at a predetermined rendezvous.
7. Use locals as guides, porters, and sources of intelligence.
8. Sabotage vulnerable or key targets (electricity sub-stations, power-lines, telephone lines, culverts, and bridges). Targets that provide maximum propaganda value, cause economic and infrastructural damage to government property, and inflict casualties on the armed forces must be selected.
9. Make maximum use of propaganda to broadcast all successes.
10. Occupy areas that government forces are unable to dominate.
11. Abandon areas that cannot be safely held against the enemy.
12. Avoid enemy aircraft.
13. Force the enemy to deploy and fight over a wide front.

Organisation. Guerrilla units must be small (4-12 people), highly mobile, and self-contained so that they are able to rapidly disperse and regroup if necessary. The larger the group, the more easily it can be pursued, tracked and attacked by the armed forces. The basic unit of the FARC, for instance, is an 8-man squad: a commander, a deputy and a political officer run the unit, which also includes a communications specialist, a medic, a gunsmith, a demolitions expert, and a clerk.

Equipment, especially in the early stages, will consist of light weapons and other equipment that is acquired from sympathisers, or captured/stolen from government security forces. A hallmark of many insurgents is their use of civilian clothing to rapidly blend into the surrounding populace. In case a guerrilla unit is attacked and scattered, each man carries enough supplies and equipment to reach a prearranged rendezvous site and remain there for a predetermined period.

Logistics. Guerrillas use caches spread across a wide area instead of maintaining large centralized stockpiles. This minimises the loss of material if a base is attacked.

Insurgencies often progress through three phases. Not all insurgencies progress through all three phases, and insurgencies can revert to an earlier phase.

1. Latent and incipient – the first phase of an insurgency tends to begin with the government having stronger forces than the insurgents do. As a result, insurgents often must concentrate on survival and building support. Insurgent efforts include:
   a. Establishing and expanding the organization.
   b. Spreading its ideology through information operations.
   c. Starting or supporting antigovernment activity such as demonstrations and strikes.
   d. Raising funds through illegal taxation and crime.
   e. Organizing small, local guerrilla forces that conduct small-scale intermittent operations.
   f. Using terrorism and sabotage to intimidate uncooperative government officials and members of the population.
2. Guerrilla warfare – the second phase of an insurgency starts when force correlations approach equilibrium, and guerrilla warfare becomes the most important, pervasive activity. Insurgent efforts include:
   a. Increased scale of guerrilla attacks; attempt to force government forces into the defence.
   b. Increased use of sabotage and terrorism.
   c. Intensified propaganda.
   d. Attempts to gain control of isolated geographic areas and develop bases for further operations.
   e. Government officials are being driven out of areas with strong insurgent support.
   f. Establishment of local shadow governments.
   g. Increased efforts to gain international recognition and support.

3. War of movement – the third phase of an insurgency normally begins when insurgents believe they have superior strength and their military forces attempt conventional operations to destroy the government's military capability. Insurgent efforts include:
   a. Combining guerrilla forces and training them to fight as conventional forces. Over time, these conventional forces form multiple echelons. These forces confront the counterinsurgents in conventional battle.
   b. Acquiring more powerful and sophisticated weapons through foreign assistance or capture.
   c. Obtaining support from external combat forces, such as special or conventional forces.
   d. Expanding areas of insurgent control and increasing political activity.

Guerrilla warfare usually ends with the defeat of the guerrillas, the collapse of the government or the start of a **political settlement**. When a guerrilla group believes it is in danger of being annihilated by government forces, it will call for an internationally monitored ceasefire during which it will encourage the media to portray it in a positive and sympathetic light while simultaneously rebuilding and rearming its forces.

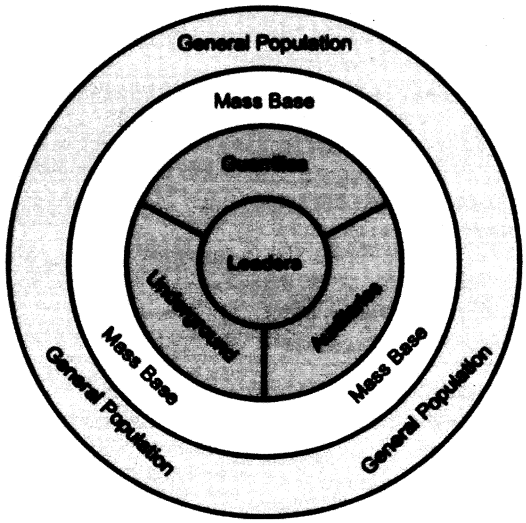
Counterinsurgency warfare. Governments fight an insurgency by:

1. Targeting the leadership to degrade the organisation's capabilities.
2. Proscribing the group as a terrorist organisation.
3. Seizing financial assets of the group and its members.
4. Launching a propaganda campaign to discredit the insurgent movement.
5. Conducting cordon and search operations to round up suspected insurgents.
6. Introducing populace control measures: curfews, travel permits, restricted areas, Census, new ID cards.
7. Introducing resource control measures: rationing or purchase permits, registration of firearms, registration of vehicles, export and import restrictions.
8. Using informants to collect intelligence.
9. Collecting signals intelligence (SMS, phone, email, radio, social media, web search) to inform their counterguerrilla efforts.
10. Introducing political reform, economic assistance, job training and land distribution.
11. Establishing local paramilitary groups to supplement government security forces.
12. Initiating an amnesty program to counteract the insurgents' political activities.

When guerrilla warfare is carried out by disaffected members of a population, its containment is a law enforcement responsibility. However, if the law enforcement agencies are unable to contain the momentum of the guerrillas, this responsibility may be transferred to the armed forces under **aid to civil power legislation**.

Components of insurgency. There are five elements of an insurgency:

1. Leaders – provide direction to the insurgency. They are the idea people and the planners. They usually exercise leadership through force of personality, the power of revolutionary ideas, and personal charisma.
2. Guerrillas – do the actual fighting for the insurgency. They conduct acts of terror, criminal activities, and participate in raids and ambushes.
3. Underground – members of the underground often continue in their normal positions in society, but lead second, clandestine lives for the insurgent movement. They:
   a. Spread propaganda.
   b. Support sabotage, assassination and subversion.
   c. Support intelligence and counterintelligence operations.
   d. Run safe houses.
   e. Provide transportation.
   f. Manufacture and maintain arms and explosives.
4. Auxiliaries – are active sympathizers who provide important logistical services but do not directly participate in combat operations. They:
   a. Store weapons and supplies.
   b. Perform courier operations.
   c. Provide passive intelligence collection.
   d. Give early warning of counterinsurgent movements.
   e. Acquire funds from lawful and unlawful sources.
   f. Provide forged or stolen documents.
   g. Promote and facilitate desertion of security forces.
   h. Recruit and screen new members.
   i. Provide medical support.
5. Mass base – consists of the population of the state who are sympathetic to the insurgent movement.



Demobilization occurs after victory or as part of a negotiated political settlement. The new government:

1. Brings arms under its control to ensure public safety.
2. Helps guerrillas return to previous occupations, or integrate them into new security forces.
3. Issues awards, medals and monetary compensation.

In order for resistance forces to receive **legal belligerent status as prisoners of war**, guerrillas must:

1. Be commanded by a person responsible for subordinates (have a chain of command).
2. Have a fixed distinctive insignia recognisable at a distance.
3. Carry their arms openly.
4. Conduct operations in accordance with the Law of Land Warfare.

When guerrillas do not comply with these criteria, they do not qualify for legal belligerent status and are subject to the normal criminal laws of the government they are operating against.

EVASION

The aims of an evader are:

1. To stay alive.
2. To avoid capture.
3. To get to safety.

Your priorities are:

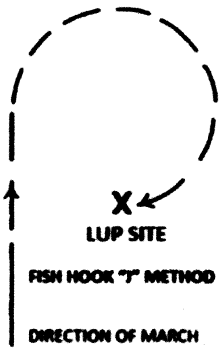
- Protection.
- Concealment and travel.
- Water.
- Food.

IMMEDIATE ACTIONS

- Break contact.
- Administer first aid (for life threatening injuries).
- Destroy classified material and sensitive equipment or weapons.
- Conceal unnecessary equipment and move to cover.
- Apply personal camouflage.
- Determine your location.
- Remove the battery of any communication/signaling/navigation devices that may compromise your location.
- Get away from the area – travel 10km.
- Hole-up in LUP.
- Plan the escape.

EVASION PRINCIPLES

- Leave no sign.
- Move on foot by night or during poor visibility.
- Avoid roads, railways, rivers, towns, people.
- Make your hides covert.



EVASION SHELTERS

Identify your Lay Up Point (LUP) from a distance and enter it by a fish-hook shaped route. Your LUP should allow you to be concealed from view but have a good view for watching the loop to give you warning of compromise and time to bug out. You could be in the LUP for 12hrs so get water before entering and ensure you have good communications.

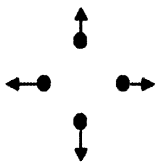
An evasion shelter should provide you with substantial protection from the elements and also concealment from the enemy. Shelters may be just a bivvy bag in a ditch (consider making a slit in the side half way up for ease of exit), a poncho or evasion map pulled round your shoulders or just a bush that you have crawled into. A multispectral camouflage sheet (or Mylar) creates excellent immediate camouflage, but needs 30cm of separation from you to defeat thermal imagers. Remember the mnemonic BLISS:

- Blend in
- Low in silhouette
- Irregular in shape (outline)
- Small/secluded
- Survivable

Remove all traces of your stay before moving on. If natural materials have been used to build a hide that is well camouflaged, leaving the site intact may draw less attention than scattering it around. If lengthy moves are to be made with multiple hides any LUP sites left in an untidy condition with evidence of recent occupation will attract the attention of hostile forces. If two such camps are found they will provide a good indication of the direction and rate of travel.

If a prolonged stay in one shelter is anticipated, the site should be chosen to have reasonable access so that trails are not worn. If this is not possible it may be preferable to limit the stay in any one shelter to a maximum of two nights.

4 Man LUP



2 Man LUP

Laying side by side means fire can be returned from the prone.

Deep vegetation provides security.

EVASION MOVEMENT BY NIGHT AND DAY

- Travel by night, or in low visibility (rain, fog).
- Have multispectral camouflage blanket (or Mylar) readily available to defeat thermals.
- Memorize your route — split into easy sections.
- Do not travel more than 500m in a straight line.
- Plan for obstacles — roads, rivers, populated areas.
- Avoid:
  - Skylines.
  - Populated areas—curfews, children, dogs, patrols.
  - Prominent features on maps.
  - Isolated caves.
  - Deserted buildings.
- Always have an emergency RV — ensure group are aware.
- Use a leading scout as far forward as possible even when only two men are together.
- Do not attempt sabotage.
- There is seldom a need to hurry.
- Pause regularly and tune into your environment. Use the action sequence:
  - MOVE > STOP > LOOK > LISTEN > SMELL > MOVE again.

COUNTER-TRACKING

- Brush out your tracks.
- Walk on hard ground (railroads, rocks).
- Travel over ground already used by humans or animals.
- Bombshell: split into smaller groups and meet at a pre-designated rally point.
- When preparing food, take care as to direction of smoke and fumes. Do no leave garbage in LUP.
- Speed and distance technique — move at a quicker pace than the pursuers. This technique is effective for short distances, but creates problems for the evader. By moving more quickly, the evader will create more sign, make more noise and tire faster.
- Use non-descript or common footwear. Wrap boots in cloth/sandbags.
- Walk through a stream and make false exit and entry points. Walking too far in water will slow own progress too much.
- With tracker dogs, your best bet may be to break the trust between dog and handler, or exhaust the handler, where you cannot escape the nose of the dog. Take very hard routes, change direction, crisscross fence and hedge lines, etc.
- Last resort, use fish-hook technique to ambush pursuers.

RESISTANCE - WHAT TO DO IF ARRESTED BY POLICE

- You are only required to give your name, address and date of birth.
- Remain silent until you have proper and independent legal advice.
- Do not consent to an interview.
- Instruct the duty/court appointed lawyer to apply for bail on your behalf.

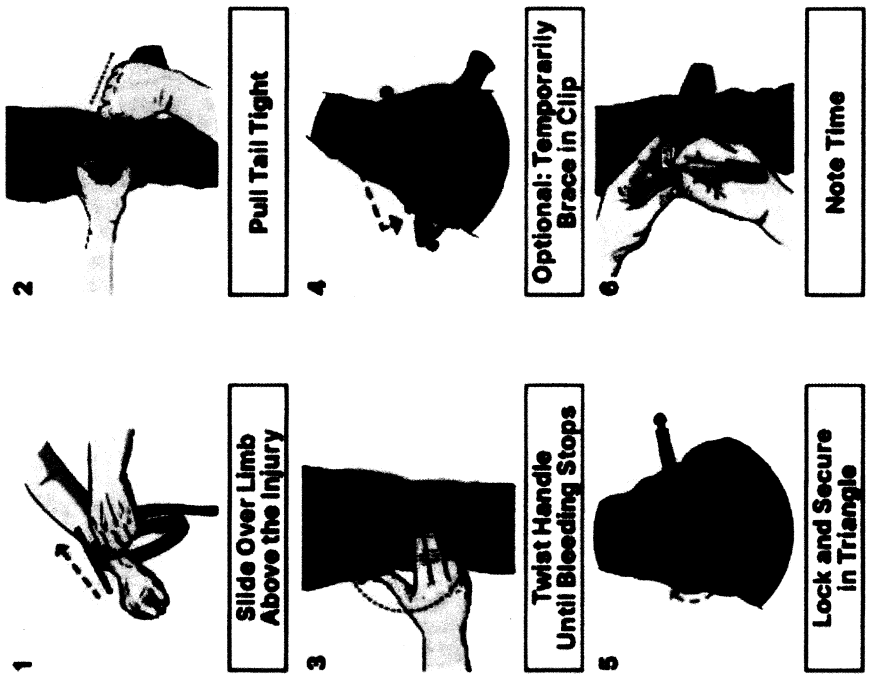
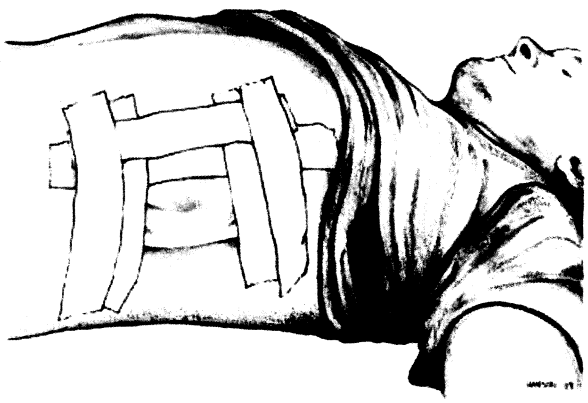
ESCAPE

The golden rule of escaping captivity is go now. This means you must use the first opportunity to break out and evade. The longer you are in captivity, the more difficult it becomes to escape.

If escape is not possible, the prisoner should note his whereabouts and conceal on his body any useful items that may aid his escape at a later date.

SCRAPE SHELTER

1. Use natural hollow in ground or make shallow scrape.
2. Select slope or provide drainage.
3. Use logs or stones for windbreak.

FIRST AID	
SAFETY/SECURITY	• Establish security. • Remove firearms and equipment from any casualty. • Put on medical gloves.
AIRWAY	• Open mouth, look inside, pick out debris with finger sweep. • Jaw Thrust or Head-tilt Chin-lift. • NPA with lube. • Recovery position. • CPR.
BLEEDING	1. Apply pressure with gloved hand. 2. Pack wound with gauze/haemostatic agent and apply pressure dressing. 3. Apply tourniquet (high and tight, not over a joint) to limb and record time. 
SUCKING CHEST WOUND A SCW happens when an injury causes a hole to open in the chest. SCWs are often caused by stabbing, gunshots, or other injuries that penetrate the chest.	1. Apply chest seal to all entry and exit wounds. You can improvise one using plastic wrapper of a field dressing and tape down on three sides. 

SURVIVAL INSTRUCTIONS

Immediate action in a survival situation

- Check yourself and your companions.
- Give first aid treatment if required.
- Put on appropriate clothing.
- Consolidate survival and other useful items.
- Seek or construct temporary shelter. Protect yourself.
- Make fire and prepare location devices.
- Relax, formulate a plan and read on.

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You should read these instructions before you embark on any activity which may force you into a Survival Situation.

THE PLAN

Do you need to be rescued or do you definitely believe you can return to safety? If you are in any doubt, your rationale must not be influenced by factors irrelevant to your circumstances though you must consider all options. Think logically. If you are in a group, discuss the matter openly (unless there are very young people in the party). Listen to everyone's views and gain information. Establish facts. Make a joint decision, then stick to it. Keep the group together.

You must be positive, be sure and realistic, about which is the safest option to adopt. If you believe you have to be rescued then you have to survive until this is achieved. Estimate how long it may take before the alarm is raised and the search is organised. Consider the difficulties the rescuers will encounter, the time it may take to reach your locality, and the time it will take to find you. Triple the total of this time. You must try to shorten this time by assisting your rescuers (see location) and/or trying to pass a message onto them (see movement). You must prepare yourself to survive this length of time. The will to survive is inbred in everyone. With certain knowledge and equipment and the will to survive, YOU WILL LIVE.

The essential parameters for survival are:-

First Aid - Protection - Location -Water - Fire - Food

Your circumstances will determine the order of these priorities.

FIRST AID

See instructions in First Aid Kit.

Once you have given First Aid you must weigh the seriousness of any injury against the risk of going for help.

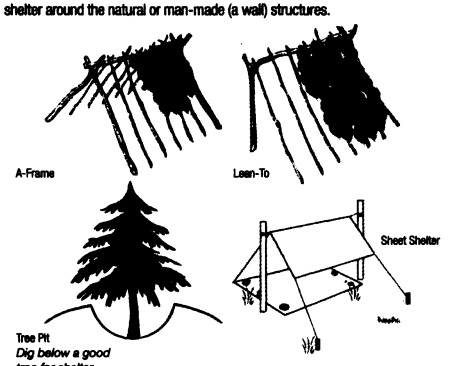
PROTECTION

Protection from the cold is vital for survival.

CLOTHES - Put on appropriate clothing before you get too cold. Layers of clothing trapping air are warmer than one thick garment. Headgear is important. If you do not have headgear, improvise. Keep dry as wet clothing loses up to 90% of its insulating properties. Avoid sweating. Keep out of wind as the chilling factor of wind reduces thermal retention. Huddle together, or use the same sleeping bag. Watch out for signs of hypothermia; These are uncontrolled shivering followed by drowsiness. Watch for frostbite, small patches of white or cream coloured frozen skin. Wrap around with foil blanket or use polythene sleeping bag, etc.

SHELTER - Seek temporary shelter in liferaft, parachute, packing material, trees, walls, natural hollows, and if safe, wreckage, caves, rock overhangs, etc. Do not waste time constructing a temporary shelter if nature already provides one. A good shelter will help you to sleep and will protect you from the elements. Be wary of floods, tides, rockfalls or avalanche areas single trees which may attract lightening. Hillsides are usually warmer but windier than valleys. Site the shelter near fresh water, sources of building materials and fire wood. Use the natural materials around you. Reserve the materials you have like foil blankets ponchos, etc., for wrapping around your own body. Keep the shelter simple. Plan it well, ensure you are well insulated from the ground, use dried leaves, grass, ferns, etc. In very hot conditions, site shelter about or below ground level. Use plastic sacks, large boxes, leafy branches, parachutes, turf, tree bark or bunches of grass to water-proof the frame. Cut wood from frame with Wire Saw or Machete.

Construct your shelter so the entrance is away from the prevailing wind. If this is strong, build wind shields to cover it. When you are confronted with large barren areas of grass-land and very few trees, it is possible to construct a shelter by cutting bricks out of turf and building your shelter as shown below. Build your shelter around the natural or man-made (a wall) structures.



LOCATION & SIGNALLING

You should always leave an accurate plan of your movements with a responsible person. If you have taken this precaution, have you deviated from this plan? If so, can you return to it safely? Where do you think the rescuers will start to search? Try to put yourself in the position of such rescuers. Decide where they will come from. How they will come? What difficulties will they experience? What will they be looking for? Try to meet them mentally, if not physically, half way. Activate and check operation of any radio distress beacon. Place it as high above the ground as possible. Protect from sunlight and shield from obstacles. If it is safe to stay where you are then do. If you have a vehicle, stay with it.

LIGHT - If you have pyrotechnics with you use them. Understand how to use them and keep them ready for instant use. Red flare is for distress. White flare acknowledges or warns. six flashes of a torch in one minute then one minute's pause before repeating indicates distress. The reply is three flashes.

MORSE CODE:-

A.- B-... C-.-. D-.. E. F..--. G--. H.... I.. J.--- K-.- L-..
M-- N-. O--- p.--. Q --.- R.-. S... T- U ..- V...- W.-- X-..-
Y -.-- Z--..
1.---- 2 ..--- 3...-- 4....- 5..... 6-.... 7--... 8---.. 9----. 0-----

Any reflective shiny surface will reflect the sun like a heliograph onto a target. Use your hand to signal onto the target. With practice especially when the sun is high, you can reflect around 75% of the horizon. Sweep the horizon if no target is in sight. The glow from a torch or lighted candle in a tent or against a covering will be visible at night. Remember however that searchers will stop looking for you after dusk. STAY PUT if it is safe. People die heading into the unknown. If you have a vehicle do not move far from it.

FIRE

Fires offer comfort, protection, heat and light.

Choice of fire locations is important. You should have it close to your shelter and out of the wind. Ensure that any fire you make is safe and does not get out of control.

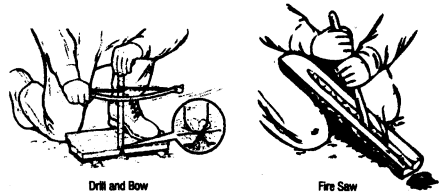
Before you start, gather plenty of fuel. Once you get a flame, it is essential to keep it burning. Look around for dry wood. Dry twigs and branches work best.

Once you have stockpiled wood, you will need tinder to get the fire going. Materials such as cotton balls, tampons, dry moss or grass are ideal. You can also use rags soaked in flammable liquids such as petrol.

Lighting a small fire is easier than a big fire. Start small.

Prepare single fires in readiness for quick ignition if potential rescuers are near. If possible, set up three fires in a triangle spaced 100 feet apart. Ensure fire will be kept dry at all times, and if lit, will not spread out of control. To ensure large logs are dry, light a small fire first, then extinguish. Then reconstruct a small fire using very dry timber. Protect from rain with a shelter until fires are required. Try to contrast with background. On clear days burn vegetation for white smoke. On overcast days burn oil or rubber for black smoke. By night you need large bright flames. For warmth many small fires give more heat than one large one. Conserve fuel wherever possible, make a star fire (the ends of large logs meet in the fire) or make afire reflector to reflect heat off fire into shelter.

The Yukon Fire. Very effective fire especially in wet weather. Consider it if materials and time allows, and you are in an area for more than 48hrs. Construct using rocks and stones, cemented with mud form river edge, cover above half of the chimney with a large flat rock. Leave a hole in the side as a fuel and air intake. But in one side, a metal can/ tin as an oven. Ensure that food is not in direct contact with the metal as it will burn.

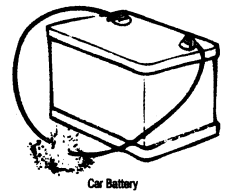


FIRE MAKING - Look after your matches, if you start a fire. One match, one fire. If no matches, chemicals, magnifying glass or spectacles. or;

A) Blow and Drill-The two hardness.

B) Fire Thong - split log and hold open with wedge thong, (about 2' in length) and work back and forth.

Gather fire making fuel carefully before you try making a fire. Be sure to gather as much fire material as possible to keep your flames going.



GROUND TO AIR SIGNALS Improvise by breaking terrain to contrast with background. Make a large circle at least 10' diameter. Use stones, broken vegetation, trampled vegetation or digging, etc. Try to form signals shown below if specific immediate help needed. Lay out on ground, or hand from trees, any bright coloured wreckage, clothing, blankets, etc., if not required. Any search aircraft will acknowledge sighting you by dipping its wing, turning on a green light or circling your position. Ground to air signals must be as large as possible:-

V	X	→	Y	N
Require Assistance	Require Medical Assistance	Go/Going This Way	Yes	No

Or spell out 'S.O.S.' If in a liferaft or lifeboat at sea, try to construct a radar reflector by erecting metal surfaces, placed at acute angles to themselves, as high above sea level as possible. If you have light or fire keep them close at hand for signalling. Shiny surfaces can reflect this to signal or direct.

Sound - Visual signals are generally more effective than sound. Use your whistle to attract attention even if no one is sight. Sound, especially at dusk, or in fog, or in an afforested area can travel for miles. Give six loud blasts in one minute followed by a minute's pause. The reply will be three blasts. If you do not have a whistle or cannot make one, avoid straining your voice by calling, or by whistling, but not shouting.

POLICE TACTICS IN CAPTURING SUSPECTS IN RURAL AREAS

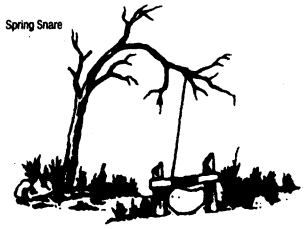
- Set up perimeter (road blocks) and await arrival of specialist tactical police, dog handlers and police helicopter.
- Declare public safety zone, giving police powers to search properties in the zone without a warrant.
- Set up tipline and announce a reward.
- Make public announcement on social media/television/radio.
- Place family/friends of suspect under surveillance.
- Place cameras in cabins and on tracks in the area.
- Bring in additional police from federal government and other states.
- Use air force search aircraft/drones equipped with thermal imaging cameras.
- Use defence force trackers.
- Divide the bush area into zones and assign a patrol to search each zone, looking for litter, old camp fires, tracks.
- Set up observation posts along creeks/rivers, as fugitives always need water.
- Use IMEI and advertising identification numbers to locate a suspect's phone.

LESSONS FROM THE FARC-EP

- To avoid detection by heat they cooked food only during daytime and instead of open fires they began to only cook on small gas heaters.
- The troops distributed themselves during the night over a larger sleeping area to lessen the heat signature their bodies emitted.
- To escape cameras or ground sensors they avoided using the same paths.
- Trenches were dug in different locations to provide increased opportunities to seek shelter in case of air attacks.
- Night guards no longer used torches but instead encircled the camp with ropes which they could use to trace their patrol routes.
- To mitigate the threat of airpower, they reduced the size of their units.
- To ensure that supplies were not contaminated with 'microchips' they decided to store food outside their camps at a distance. New supplies would be stored away from the camps for several months and the guerrillas observed whether their location was attacked.
- Each commander had to check the bags of their soldiers regularly. When a mobile phone was found disciplinary measures had to be taken.

FOOD

If water is short avoid eating especially salty foods or proteins. Try to eat only carbohydrates. Ensure you have water supply before you have a food supply. If it walks, crawls, creeps, flies or swims - it can be eaten. Avoid, however, oddly shaped fish, especially those with spines or horns or box shaped bodies. Seaweed, except thread-like seaweeds, are edible. Wherever possible always try to cook fish. Use the thin inner strand of nylon cord to use as a fishing trace. If you cannot obtain grubs or worms, etc, then most bright coloured objects like silver foil, coloured cloth, etc, will be effective as bait. The best time to fish on the coast is a little after high water. In fresh water, in the early evening. You can drive stakes into the bed (or on a beach) to make a fish trap. If a net is available stretch it across a small gap in the stakes. To catch land animals, remember Mangle, Dangle, Tangle or strangle. Use wire, nylon cord or wire saw to make a snare. Find game trails. Cover snare in animals dung. Secure firmly to stake. Disturb area as little as possible. A rabbit snare should be 4 1/2 (first) 3" (four fingers) high off ground. Bait the snare or have multiple snares to make it more efficient. Check snare regularly.



Plants are a poor source of calories but good for balanced, varied diet. Many wild plants are poisonous. Any unknown you must test. One man should test one plant at a time. Only take fresh young specimens that do not smell badly. Avoid milky sap. Place one clean small portion on lips for a few minutes. If no ill effect, stinging, burning sensation, bitter taste, place under tongue. If still ok, chew and spit it out. Next swallow a small piece. Wait for 2 hours. If no ill effect eat a larger piece and wait one hour. Then initially eat in moderation. This test does not apply to fungi. Always cook leaves with prickly hair e.g. nettles. Because birds or animals eat a plant, it does not mean it is fit for humans. Useful common leaves to eat are those of dandelion, sorrel, comfre and nettles (must boil). Nettle root, if peeled is good for diarrhoea and dysentery, and ground dry dandelion root can be used as coffee. For tree bourne fruit and nuts that are to high to reach, tie a rope to each end of wire saw. Throw one free end of rope over high branch to cut it off.

FUNGI - There are several species of deadly and poisonous fungi, whilst many other species are better in food value than other plants. But if in doubt, don't eat fungi. The only way to tell which fungi are edible and which are not is by positive identification. However, no poisonous fungi will be found growing above waist height.

WATER

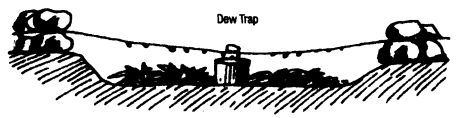
Without water, survival time, numbered in days, may be as follows:-

Max daily temperature (OF)	50-70	80	90	100	110	120
Resting in shade only (Days)	12	$10^{1/2}$	$8^{1/2}$	6	$3^{1/2}$	$2^{1/2}$
Walking at night rest by day	9	$8^{1/2}$	6	$3^{1/2}$	$2^{1/2}$	1

When water is in short supply, drink nothing for the first 48 hours. Then observe the amount of urine you pass, and drink the same quantity of fresh water, plus one extra pint per day. An active man in a temperate climate needs $2^{1/2}$ litres per day. If water is in very short supply drink to off-set the headache stage of dehydration. Sea sick or ill people should have twice the rationed amount. Avoid sweating by moving slowly and avoiding hot sun shine by moving at night. Cool your clothes by wetting with sea water, urine or waste water. Cover exposed parts of the body especially the head. Build a shelter from the suns rays. Never drink urine, sea water or milky plant juices (except coconut milk) . Drink only a planned amount at planned intervals. Try to drink only in the cool of evening. Do not drink when thirsty. Use plastic tube to administer poor tasting, 'fresh water, by rectal infusion. Never wait until you are without water before you start to collect and store it.

SOURCES OF WATER - Follow game trails, animals. Insects (especially bees) and birds (especially grain eaters) to water. Look for any luscious vegetation underground water maybe available in valley, dry stream beds, gullies. at the inter section of different rocks, or animal diggings.

DEW TRAP - dig trough, insulate foil blanket from the heat off ground with

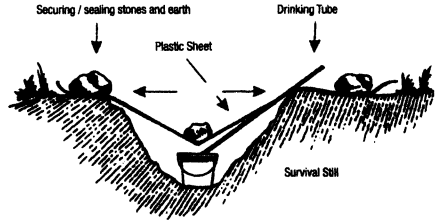


grass, twigs etc. Try to darken top surface of the blanket to radiate heat. Place foil blanket over area, but raise a few inches off the ground with stones or sticks at corners. Place small stones in centre of foil. Water should condense in the early morning on the underside of the trap and drip into the receptacle.

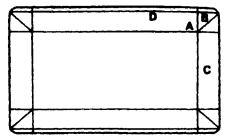
PURIFICATION - Drinking unclean or contaminated water which makes us ill is worse than drinking no water. Water can undergo basic filtration using a fine cloth such as a handkerchief or an item of clothing (shirt / t-shirt).

Water from arctic ice, a still or dew trap will not need purifying. Always purify all other water wherever possible. Either use the Osmoration kit, or first filter though shirt, cloth or sand. Then purify with water purification tablets boiling for 5 minutes or adding iodine or potassium permanganate. Add charcoal from fire to remove unpleasant tastes or administer by rectal infusion. Use Osmoration of de-salting kit to purify sea water.

Freezing does not purify water. Use container of a protective carrying type to store water. Dig down and use a plastic tube to suck up water from plants. Certain trees, Alder, Aspen, Birch, Maple and Cactus can give water by cutting a 'V' in the bark then inserting a downward and outward sloping peg or nail. Allow the water to drip into a receptacle. Prepare in advance, rain traps using



To make a waterproof container: Fold this sheet of paper as shown below. Fold side A up. Turn area B inside side C to form a corner. Turn down flap D to lock container.



leaves, sail cloth or the foil blanket. Tie a cloth around the trunk of a tree and knot it and tie a stick to reinforce tree ends, so that it is sloping downward and out ward. The rain water will run down the tree into the cloth and will drip off the tip of the stick, and will fall into a receptacle on the floor. At sea remove the salt crust before it rains. In winter, melt snow and crushed ice before drinking. Ice is a better source of water than snow. All blue sea ice is free of salt. Construct a solar still.

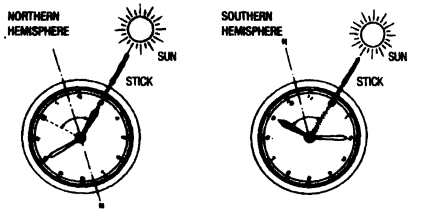
MOVEMENT

RIVER CROSSING - Remove trousers but not boots. Have a solid stick you can use as an extra point of contact. Try to secure person by rope to a bank. Cross rivers at the slowest, widest point and not at bends. Wade though rather than jump across stones. Avoid crossing bogs or marshy areas.

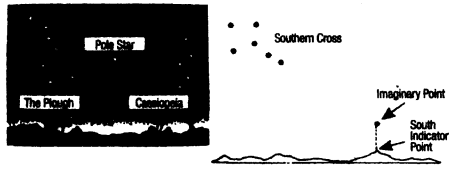
Contouring around a hill is usually easier and quicker than going straight over its crest by the shortest route. Never walk up or down hill at night. Never follow a river or stream down hill at night, as it usually takes the shortest, steepest course. When at see, large fleecy clouds form, especially later in the day, over land.

NAVIGATION - Knowledge of directions is invaluable if you choose to move. You may choose to move if you feel no one is looking for you or your location is not safe. There are many ways of finding direction:-

1. **Sun** - Rises in the East sets in the West.



2. **Use your watch** - as a compass. Point your hand at the sun. The line dissecting angle between the hour hand and 12 o'clock, is the North South line.



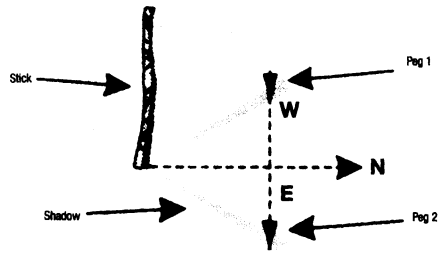
3. **Stars - The North or Pole Star is always reliable** *(see above)*

4. **Star Movement**

Direction of the star's movement	You are facing
To the right	South
To the left	North
Rising	East
Descending	West

5. **Vegetation** Vegetation is usually more prolific on the sunny side (except mosses) i.e. on the southern side in the northern hemisphere. In the northern hemisphere as a very rough estimate. Willows, Alders and poplar trees tend to lean towards the south and coniferous trees are more bushy on their south facing side.

6. **Shadow method of detection.** Place stick in ground. Mark where shadow falls in the morning, peg 1) .In the afternoon, mark where the shadow falls, peg 2). A line through these 2 pegs is a West-East line, and a line bisecting this W-E line from the stick points true north.



DISCLAIMER & WARNING

USE OF OUR SURVIVAL GUIDE AND EQUIPMENT AT YOUR OWN RISK.

Survival situations are dangerous and may result in injury or death even when following the techniques specified in this guide.

Every survival situation can present unpredictable hazards and risks. Therefore, it is your responsibility to prepare, gather information and gain relevant training before exposing yourself to these dangers. You, the user, assume all risk when following the instructions in this guide or when using our products.

The BCB International Ltd Survival Guide cannot guarantee your survival or prevent injuries. BCB International Ltd is not responsible for any injury, death or consequences of any actions taken based on the information provided in this guide.

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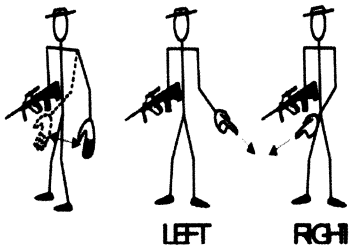
ARM AND HAND SIGNALS

When moving tactically, a section is controlled by the use of arm and hand signals. The non-master hand only should be used to give the signals.



1. **Deploy.** Arm extended below shoulder level and waved slowly from side to side, hand open. If deployment to either flank is wanted, the commander points to the flank concerned, after completing the signal.

2. **Advance or Follow me.** Arm swung from rear to front below the shoulder. (Direction can be given by pointing.)

3. **Halt/Lie Down.** Arm raised until hand is level with shoulder, open palm facing forward. Used when troops are required to take up fire positions and observe arcs of fire. NOT necessary for short halts such as a bearing check when all halt to conform with the man in front.

4. **Go Back or Turn Round.** Hand circled at hip height

5. **Close, or Join Me.** Hand placed on top of head, elbow square to the right or left, according to which hand is used.

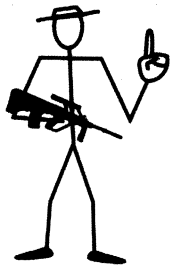
6. **Increase Speed.** Clenched hand moved up and down between thigh and shoulder

7. **Slow Down.** Arm extended to the side below the shoulder, palm downwards, moved slowly up and down, wrist loose.

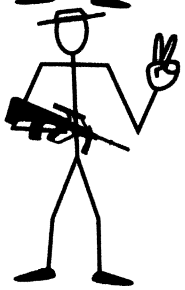
8. **Enemy Seen or Suspected.** Thumb pointed towards the ground from a clenched fist.

9. **No Enemy In Sight or All Clear.** Thumb pointed upwards from a clenched fist.

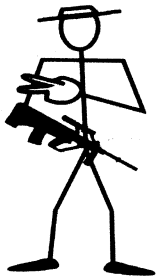
10. **MG Group.** Clenched fist.(If there are two LSWs in a section, section SOP should be marked out.)



11. **Scout Group.** Clenched fist with forefinger upright.



12. **Rifle Group.** 'Victory' sign – first and second fingers extended and open in V. Remainder of fist clenched.

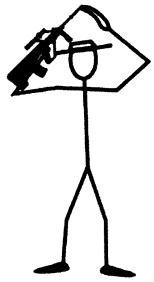


13.**Section Commander.** Two opened fingers held against arm to indicate corporal's stripe.

14. **Platoon Commander.** Two opened fingers held on shoulder to indicate a lieutenant's stars.

15. **Give Covering Fire.** Weapon brought into aim.

16. **Obstacles.** Clearing, track junction, river crossing, etc. Arms crossed.



17. **House or Hut.** Hands folded in inverted V to indicate shape of roof.

18. **Suspected Mines or Booby Traps.** Clawed hand held to side between waist and shoulder, fingers pointing down.

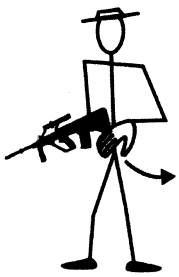
19. **Reconnaissance.** Hand held to eye as though using a telescope.

20. **Form Ambush.** Hand placed over mouth, followed by pointing to place of ambush.

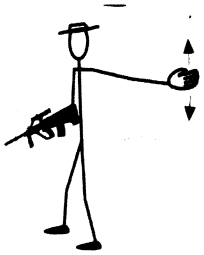
21. **Freeze and Listen.** Hand cupped to ear.

22. **O Group.** Fingers together, moved in conjunction with thumb to indicate person talking.

23. **Harbour.** With free hand clenched and level with the shoulder extend forefinger and move in circular fashion.

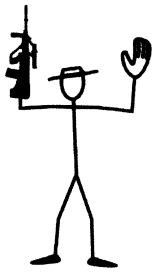


24. **Adjust Spacing. Spread out.** With the free hand held between the waist and shoulder and the palm pointing outwards, motion outwards from the centre of the body.

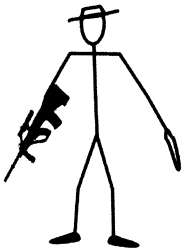


25. **Single File.** With the body half turned to the rear extend the free arm level with the shoulder and fingers outstretched. Motion an imaginary line along the desired position of the two lines.

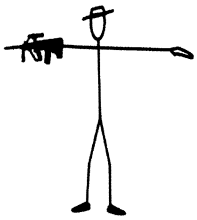
26. **Staggered File.** Half incline the body to the rear, extend the forearm level with the shoulder and fingers outstretched. Motion two imaginary lines along the desired position of the two lines.



27. **Open File.** Raise both arms so the upper arms are parallel to the ground. Extend the forearms above the shoulders.



28. **Arrowhead.** Straighten both arms and extend them at 900mils to the rear.

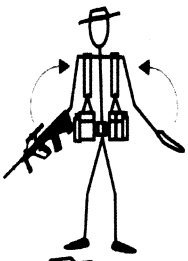


29. **Extended Line.** Raise both arms parallel to the ground so they form a straight line through the body.

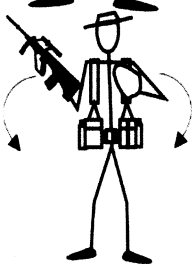
30.**Talk/ Listen to radio.** Hand placed to ear indicating a radio handset.

31. **Platoon Sergeant.** Three fingers held against arm to indicate Sergeant Stripes.

32. **Section 2IC.** One finger held against arm to indicate Lance Corporal Stripe.



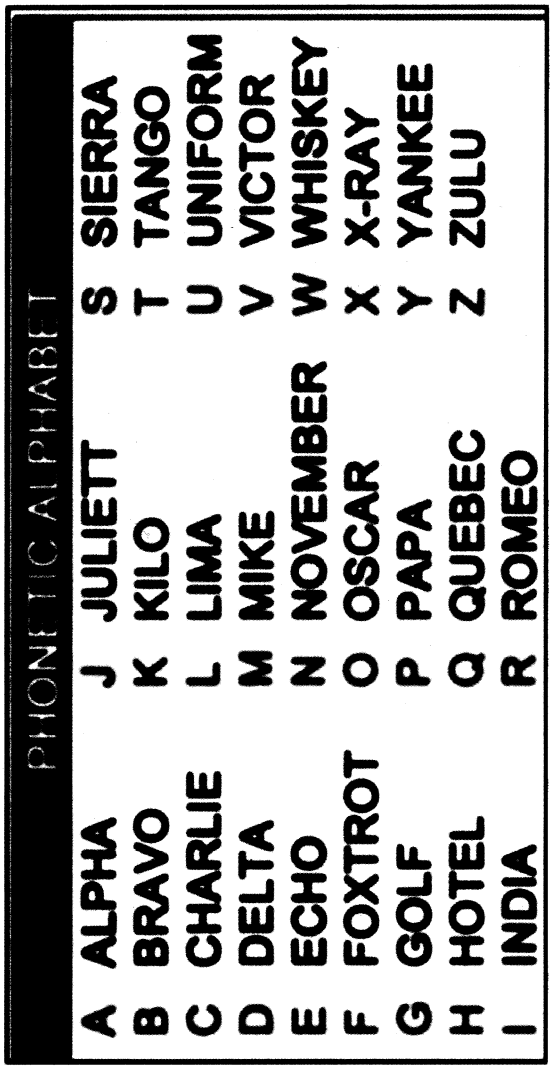
33. **Stand To.** Indicated by simulated arm movement to put webbing on.



34.**Stand Down.** Indicated by simulated arm movement to take webbing off.

35. **Obstacle Creek or River.** Move left arm in wave motion from rear to front.

UHF CB CHANNEL GUIDELINES	
CHANNEL	**USE**
1-4	Repeater output
5	Emergency
6-8	Repeater output
9	General
10	4wd (national parks)
11	Call channel only
12-17	General
18	Caravans and campers
19-21	General
22-23	Data
24-30	General
31-34	Repeater input
35	Emergency
36-38	Repeater input
39	General
40	Highway, truckers and road workers
41-48	Repeater output
49-60	General
61-63	Not in use
64-70	General
71-78	Repeater input
79-80	General



SALUTE REPORT FOR RECORDING AND REPORTING INFORMATION

Size – the size of the enemy force.

Activity – what the enemy was doing.

Location – where the enemy was located.

Unit – the unit to which the enemy belongs.

Time – when the enemy was observed.

Equipment - equipment the enemy wore, carried or used.

SCRIM REPORT FOR DESCRIBING VEHICLES

Shape – 4x4, truck, sedan etc.

Colour – red, black, white etc.

Registration – the number plate.

Identifying features – roof racks, bumper stickers etc.

Make and model – Ford Ranger etc.

CACHE REPORT	
CONTENTS	
AREA DESCRIPTION	
CACHE LOCATION (COORDINATES)	
REMARKS	
DATE OF EMPLACEMENT	
DURATION OF CACHE	

CACHE REPORT
DIAGRAM

SENTRY ROSTER			
SER	NAME	SER	NAME
1		13	
2		14	
3		15	
4		16	
5		17	
6		18	
7		19	
8		20	
9		21	
10		22	
11		23	
12		24	

SALUTE REPORT	
SIZE	
ACTIVITY	
LOCATION	
UNIT	
TIME	
EQUIPMENT	

ROUTE OUT					
RV	FROM	TO	BEARING	DISTANCE	REMARKS
1					
2					
3					
4					
5					
6					
7					
8					

ROUTE BACK					
RV	FROM	TO	BEARING	DISTANCE	REMARKS
1					
2					
3					
4					
5					
6					
7					
8					

EQUIPMENT RECORD CARD			
NAME	WEAPON SYSTEM	AMMO (CALIBER, NO OF ROUNDS)	SPECIALIST KIT (THERMAL/NVG, GPS, STOVES, MED KIT, COMMS KT)

MEDICAL RECORD CARD			
NAME	BLOOD TYPE	ALLERGIES AND MEDICATION HISTORY	REMARKS